



growing healthy families



Physical activity is any body movement that is created by our muscles and uses energy. Children need at least one hour of physical activity every day. Adults need at least 30 minutes on most days.

Luckily, we don't have to get all our physical activity in at one time. Any activity that takes at least 10 minutes counts toward our daily movement requirement.

Daily physical activities have many benefits. They:

- improve heart health
- increase our ability to learn
- help control our weight
- prevent chronic diseases

- build and maintain healthy bones, muscles, and joints
- boost energy and promote sound sleep
- reduce feelings of stress and anxiety
- increase self-esteem and feelings of happiness.

There are simple ways to increase your physical activity:

- Be active together, as a family, and make physical activity goals a family challenge.
- Work movement into your daily routine — park farther from the door when shopping, walk to get your mail, and take the stairs.



- Set up an area in your home where it's safe and OK to be physically active.
- Learn which sports and activities are fun for your family and participate in them.
- Encourage your children to think in motion while practicing spelling words and studying for tests.
- Explore your city's parks and recreational opportunities.
- Involve your family in community service events that promote physical activity.
- Give gifts that are made for play — tennis shoes, skates, bikes, balls, etc.
- Schedule a regular daily time for physical activity.

For a healthy family, give your children these gifts:

- Discipline
- Structure
- Good examples
- Good information
- Healthy snacks and meals.

5+2–1–0 Benefits for Families:

- Increased energy
- Improved ability to cope with stress or anxiety
- Responsible, healthy children who grow up knowing how to make smart choices and maintain a healthy weight
- Fewer visits to doctors and dentists
- Greater teamwork.



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